

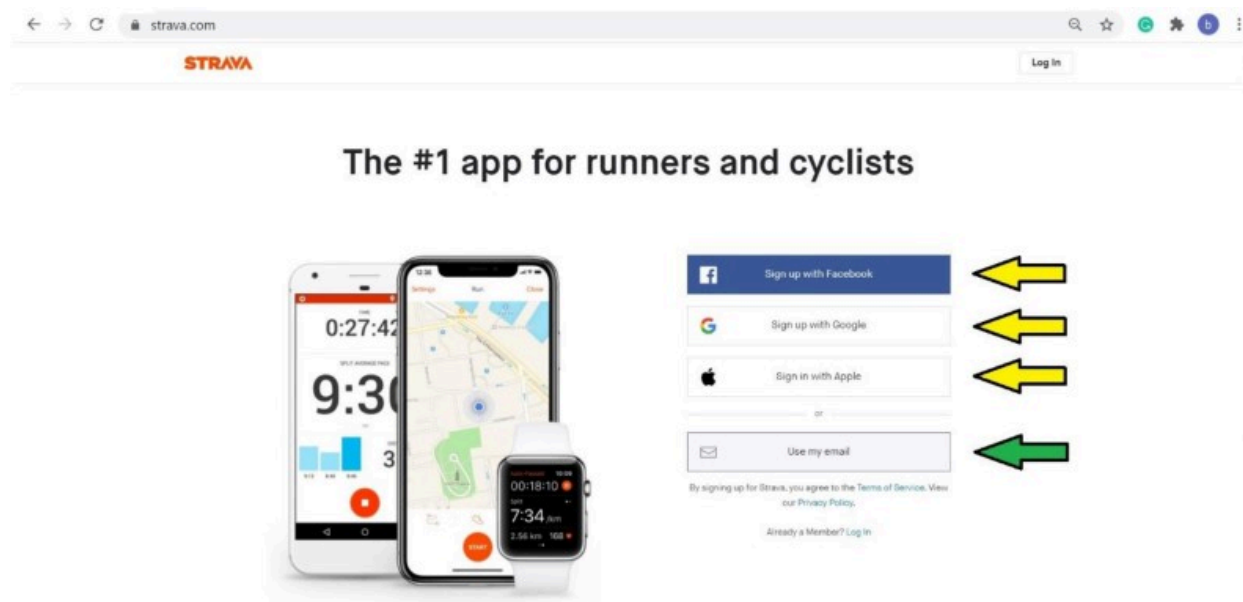
# Getting started with Strava

## How to Start Using Strava

For Walktober you will most likely be using a smartphone, smart watch or fitness tracker to record your walks. Installing Strava on your smartphone involves downloading the Strava app from your app store. If you are using an Iphone this means the App Store or if you are using an Android phone Google Play.

## Create your Account

Once you have installed and opened the app on your smartphone you will be greeted with the following screen (or one very similar):

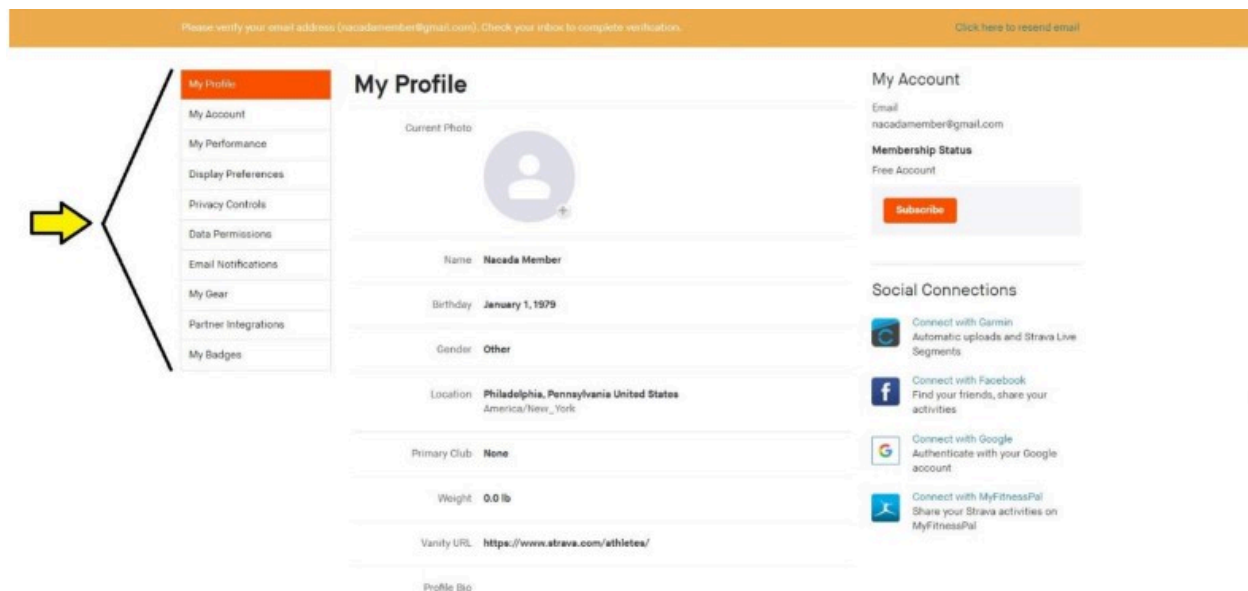


From this screen you will be able to create your Strava account either from scratch or by linking your Google or Facebook account. Whichever path you decide on, Strava will then lead you through the process of setting up your Strava account and creating your profile.

As a new user, Strava will prompt you to fill out some basic information for your profile: upload a photo, confirm your name and provide your birthday and gender.

In this case your profile and your account are two separate things. Your account contains all information about your recorded activities, clubs and challenges while your profile is your personal information that other users will see on the platform.

From your profile you will be able to customize your user settings including privacy settings, notifications and many others.



### **Connecting a Smartwatch or Fitness Tracker**

To connect an Apple Watch to Strava after you have downloaded the Strava app on your Iphone Open the “My Watch” section of the Apple Watch on your phone. Then find the Strava app to install on your watch. Once you have found it tap Install next to Strava in the Watch App.

To connect another brand of fitness tracker, open the Strava app and then tap the ‘You’ icon on the bottom right. Once there tap the Gear/Settings icon in the top right. Scroll down until you see: ‘Connect an app or device’. After tapping that you will see a list of device brands.

### **Join the Kure Beach Walktober Club**

Strava Clubs allow users to connect, communicate and share activities with other members in an organized and structured manner. To find the Kure Beach Walktober Club tap the Magnifying Glass icon in the top right of the Strava app. Then tap Clubs at the top of the screen and use the search bar to find and join ‘Kure Beach Walktober’. From the Kure Beach Walktober club home screen you will see ‘Kure Beach Walktober 2025’ as an upcoming event. Join the club and event and you are in!